

# 5 Steps for a Healthy Smile



Healthy teeth are important for chewing, speaking and your appearance.

## **For healthy teeth:**

- 1.** Brush twice a day
- 2.** Floss every day
- 3.** Avoid sugary foods
- 4.** Avoid sugary drinks
- 5.** Visit the dentist twice a year

# Brushing Basics



**Q.** What do I need to use for brushing my teeth?

**You need a soft bristled toothbrush and toothpaste with fluoride in it.**

**Q.** How much toothpaste will I need?

**About the size of a pea.**

**Q.** How long do I need to brush my teeth?

**Brush for two minutes.**

**Q.** Why do I need to floss my teeth?

**Flossing can remove food and plaque that your toothbrush cannot reach.**

**Q.** How do I floss?

**Use about 18 inches of floss but leave about two inches between your fingers to use. Gently slide floss between your teeth, following the curves of the teeth.**

Missouri Department of Health and Senior Services  
Oral Health Program

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